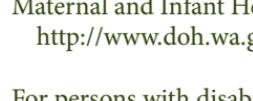


Choosing the method that's right for you

Birth Control

The information in this brochure is not meant to take the place of a visit with a trained health care provider. The products listed in this brochure were those available at the time of publication. Use of brand names is for educational purposes only and is not an endorsement of the manufacturer or the product by the state of Washington or the Department of Health.



Washington State Department of Health
Community and Family Health
Family Planning and Reproductive Health
<http://www.doh.wa.gov/cfh/FPRH/default.htm>

Maternal and Infant Health
<http://www.doh.wa.gov/cfh/mch/mihhome.htm>

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TDD/TTY 1-800-833-6388).

This brochure was funded in part by the U.S. Department of Health and Human Services Grant # 6 FPHPA 10029 20-00 and by the Preventive Health and Health Services Block Grant 3B01DP009058-09W1 from the Centers for Disease Control and Prevention.

Am I getting enough sleep?

With your busy life, it is sometimes difficult to find the time to get enough sleep but you should be getting at least 7–9 hours of sleep every night. Not getting enough sleep may increase your risk of depression, obesity, diabetes, and heart disease. www.cdc.gov/sleep/hygiene.htm

Could my sadness actually be depression?

Everybody feels sad sometimes, but sadness that goes on for more than 2 weeks can affect your relationships, your work, and your life. It may be a sign of depression. Talk to someone you trust if you feel sad. Your mental health is essential to your overall health. If you or someone you know is thinking about suicide, call the 24-hour National Suicide Prevention Lifeline for help: 1-800-273-8255.

Are my relationships safe?

Women who have trusting, honest, and respectful relationships are healthier. Relationships won't always be free of anger or hurt, but you should not feel scared, humiliated, or controlled. Examine your relationships. If you feel you are in an abusive relationship of any kind, call the National Domestic Violence Hotline for help: 1-800-799-7233.

Am I protecting myself?

If you are sexually active, take charge and prevent unintentional pregnancy, STDs, and HIV. Protect yourself and choose birth control that's right for you. If your birth control method fails, know your options, including emergency contraception. For more information, call the Washington State Family Planning Hotline: 1-800-770-4334.

How can I get help to quit smoking?

Quitting smoking isn't easy but it is one of the best things you can do for your health. There are effective and free resources, such as the Quit Line, available to help you quit. Being around a smoker is also harmful to your health. Avoid secondhand smoke. To get help for you or a friend, call Washington's confidential Tobacco Quit Line for support: 1-800-QUIT-NOW (1-800-784-8669).

How much is too much to drink?

Drinking too much alcohol can lead to serious health problems or injuries. Most women should limit their use to 1 drink per day. One drink equals: 1 beer (12 oz), or 1 glass of wine (5 oz), or 1 shot of 80-proof hard liquor (1.5 oz) in a mixed drink. If you are concerned about your drinking, call Washington's Alcohol/Drug Helpline: 1-800-562-1240.

Am I abusing drugs?

Sometimes drug abuse is not obvious. You may have started a medication, like pain killers, and now you cannot stop. If you are misusing over-the-counter or prescription medications or using illegal drugs, help is available for you. Call Washington's Alcohol/Drug Helpline: 1-800-562-1240.

Make a change for yourself...

Where to get services

Look in the yellow pages of your phone book under "Ortch Control". Or call the Family Planning Hotline at 800-770-4334 for the number of the clinic nearest you.

You can find free or low-cost family planning services in most communities. Visit your local health department or [your doctor](#).

Where to get services

With your doctor: It's good to know now what your risks are and what you can do about them. Let your doctor know if you are adopted or do not know your family's health history. You should try to see your doctor every year or two for a check-up and to get the immunizations and tests you need, such as regular Pap and STD tests. Your doctor can help you stay healthy through prevention, screening, and treatment.

Keep a record of your family's health.

With teeth, gums, or other parts of the mouth can be related to other serious illnesses—like diabetes, heart disease, and cancer. Brush your teeth twice a day with fluoride toothpaste and floss daily. www.doh.wa.gov/cdh/oral_health/fmdcare.htm

How are my teeth?

high blood sugar levels. Two important ones for women are folic acid and vitamin D. Folic acid is a vitamin that your body needs daily to make healthy new cells and prevent birth defects. Vitamin D helps your body build healthy bones. One way to get the recommended amount of vitamin D is to take a daily multivitamin. Make sure the label says at least 100 mcg or 100% next to folic acid and includes at least 100 IU of vitamin D3. www.cdc.gov/nutrition/everyone/

short time. Focus on healthier foods

Would I be eating better?

Use disease, stroke, diabetes, and cancer. www.doh.wa.gov/cdh/nutritionPA

deep better, reduce stress,

to get the most out of exercise, we active 30 minutes a day, 5 days a week. Every day activities such as brisk walking are effective and see. At least twice a week, try to do muscle strengthening exercises such as yoga, hand weights, sit-ups, or push-ups.

[See section:](#)

make a change for the better



How to use this brochure

There are many methods of birth control. This brochure will help you choose the method of birth control that suits you best. It was developed with help from women like you.

The methods are listed in alphabetical order, from Abstinence to the Vaginal Ring. Each section features a different method—how it works, where to find it, when to use it, and its advantages and disadvantages. If you plan to get pregnant some day, there is information about when to stop using each method. There is also information about when to start birth control after you have a baby.

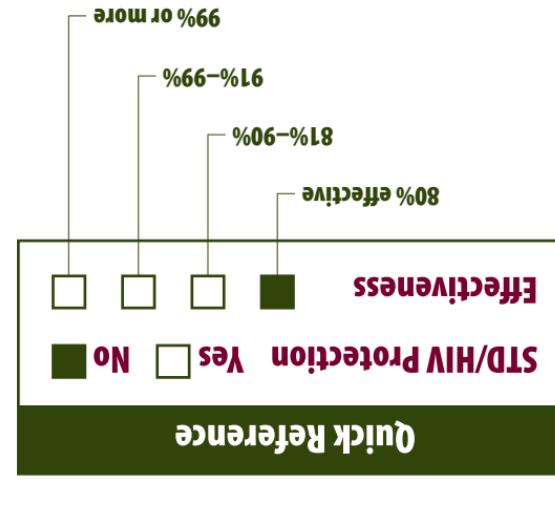
Quick Reference: Vaginal Ring

STD/HIV Protection Yes No

Effectiveness 

Vaginal Ring

How to use this brochure



The Quick Reference chart at the bottom of each section shows how well a birth control method works and if it shows effects against STD/HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV. This example shows a method that is 80 percent effective and does not offer protection against STD/HIV; HIV.

After a birth: If you are breastfeeding, you should not use the vaginal ring. If you are not breastfeeding, you can begin using it about two weeks after you have a baby. Use another birth control method until then.

To plan a pregnancy: After finishing a three-week cycle with the vaginal ring, simply do not start a new one. Your natural cycle of periods will begin again in four to six weeks. You can try to get pregnant right away.

Side effects: Some women notice minor side effects with cancer or a blood clotting disorder.

Disadvantages: The vaginal ring does not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

Advantages: The vaginal ring is easy to use. Your periods may be more regular, lighter, and less painful when you use it. The hormones can help clear up pimples.

Where: By prescription. Talk with your health care provider.

When: Start using the vaginal ring at the beginning of your period. Leave the vaginal ring in place for three weeks. Then take it out. You should get your period two or three days after you take it out. After one week, put in a new vaginal ring.

How the vaginal ring works: It is a soft, plastic ring. About two inches across, the ring releases a steady, low dose of sex hormones. The ring works like birth control pills to prevent pregnancy. It stops any eggs from leaving your ovaries.

It is a soft, plastic ring. About two inches across, the ring releases a steady, low dose of sex hormones. The ring works like birth control pills to prevent pregnancy. It stops any eggs from leaving your ovaries.

Vaginal Ring

Questions to ask

There are several things to consider before you choose a birth control method. Think about how easy it is to use or what might get in the way of using it. You may want to get more information from your health care provider.

Here are some things to ask about the method you are considering

- How does this method work?
- How well does it work?
- Will there be side effects?
- Can I afford it?
- How easy is it to get?

After a birth:

A woman can easily be sterilized right after a birth, even before she leaves the hospital. Sterilization does not affect breastfeeding.

Quick Reference: Sterilization

STD/HIV Protection Yes No

Effectiveness



Sterilization

The last section of this booklet has questions about taking charge of your health. It lists twelve important things you can do to stay healthy, along with Web links and phone numbers for more information.

Other questions to consider

- Will I be able to use it correctly every time?
- Can I follow the schedule for using it?
- Will my partner like this method and help me use it?
- Do I want my partner to be aware that I'm using it?
- Will I be comfortable using it?
- How long do I plan to use this method?

Here are some questions to ask yourself about using it

To plan a pregnancy: Pregnancy is no longer possible after a woman is sterilized. Sterilization is permanent.

Side effects: After the surgery, there should be no side effects. Your sex drive will not change. A woman will still be able to have orgasms and her natural cycle of periods will not change. A man will still be able to have erections and ejaculate, but no sperm will be in the fluid.

Disadvantages: There are some risks in having minor surgery. Talk with your health care provider about this. If you do not have health insurance, the surgery may be expensive. Sterilization does not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

Advantages: Once sterilization is done, it's done. You won't need to use another birth control method. There are programs that can pay for sterilization.

Where: For a man, the surgery for a vasectomy can be done at a clinic or day-surgery center. For a woman, the surgery for a tubal ligation is done at a hospital.

When: Sterilization can be done at any time. Being found to make this operation easier. Talk this over with a health care provider.

A woman gets a tubal ligation. Her two fallopian tubes are blocked so eggs cannot pass through them to be fertilized by sperm. A tubal ligation is effective right away. Tubal ligation can be done several ways, and new ways are being found to make this operation easier. Talk this over with a health care provider.

A man gets a vasectomy. His two sperm tubes will be blocked so sperm cannot pass through his penis. Right after the vasectomy, a man will still have some sperm in his tubes, so he should use another birth control method until a check-up with a health care provider shows there are no sperm left in his tubes. It is cheaper and safer for a man to be sterilized than it is for a woman.

How sterilization works: Both men and women can be sterilized by having an operation that permanently blocks part of the reproductive system. If a couple has sexual intercourse and one of them is sterilized, the woman will not get pregnant.

Sterilization

These choices don't work

Douching

Douching (rinsing out your vagina) doesn't work for birth control. Douching too often can harm genital skin, which can actually make it easier to get a vaginal or pelvic infection.

Feminine hygiene products

Powders, deodorants, sprays or suppositories don't work for birth control. They can be harmful to genital skin. Regular bathing is all you need to stay clean. If you have a strong vaginal odor, this may be a sign of infection. Have it checked by a health care provider.

Urinating after sexual intercourse

This doesn't work for birth control. It does help prevent urinary tract or bladder infections.

Homemade condoms made from sandwich bags or plastic wrap

These do not work for birth control. They don't fit over the penis well enough to avoid leaks around the edges.

Quick Reference: Sponge

STD/HIV Protection Yes No

Effectiveness    

Sponge

This doesn't work for birth control. A woman's orgasm

an orgasm

Stopping intercourse before the woman has

breastfeeding.

After a birth: You can use the sponge six weeks after you have a baby. Use another birth control method until you can use the sponge again. The sponge does not affect

To plan a pregnancy: Simply stop using the sponge. You can try to get pregnant right away.

Disadvantages: Some people are allergic to the spermicide

method. Talk with your health care provider about other

Side effects: If you have itching or burning after using the sponge, you may have to use another birth control in the sponge. If you have bleeding or spotting after using

in the sponge. Some people are allergic to the spermicide

who have had a baby as it does for women who have not.

The sponge does not work as well for women

sexually transmitted diseases or HIV. Use a condom for

protection. The sponge does not protect you from

Advantages: One size fits all with the sponge. It is easy to

insert and allows for as many acts of sexual intercourse

as you like within a 24-hour period. No chemicals or

hormones will be absorbed into your body. Your periods

will change.

Where: Over-the-counter. The sponge is sold at many

drugstores and grocery stores. You can also order them

from pharmacy websites. You don't need a prescription.

When: Put a sponge in your vagina before you

have sexual intercourse. It

will trap and absorb

sperm before the sperm

have a chance to enter

your cervix.



How the sponge works: It is a small foam pillow soaked in spermicide. Misten it with tap water to activate the

spermicide. Then place it deep in

your vagina, over your cervix.

The foam and spermicide

will trap and absorb

sperm before the sperm

have a chance to enter

your cervix.

Sponge

These choices might work

Breastfeeding (Nursing)

It is a myth that you can't get pregnant when you are breastfeeding. You will not have your period for awhile, but you will be fertile about two weeks before your period is due to come back. Chances are you will not know you are fertile. You can get pregnant then.

Breastfeeding can work as a method of birth control, but only if you follow these three rules, without exception.

1. Make sure your baby gets all her food through breastfeeding. This means no bottles or formula or breast pumping, ever. You must nurse your baby whenever she wants you to, around the clock.
2. Do not use breastfeeding as birth control for more than six months.
3. Do not rely on breastfeeding for birth control after you have started having your periods again.

Breastfeeding will not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

Quick Reference: Spermicides

STD/HIV Protection Yes No

Effectiveness    

Spermicides

Withdrawing will not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

Withdrawing has advantages. It is free and can be used any time. But it has major drawbacks, too. Withdrawing men to tell when they are going to ejaculate. Withdrawal prevents pregnancy about 75 percent of the time. By comparison, an IUD prevents pregnancy nearly all the time.

When you use withdrawal, you have sexual intercourse until your partner senses he is about to ejaculate. Then he withdraws his penis and ejaculates away from your vagina. This keeps sperm from going into your vagina.

Withdrawal (Pulling out)

After a birth: Spermicides can be used as soon as you need to after having a baby. Spermicides do not affect breastfeeding.

To plan a pregnancy: Simply stop using spermicide. You can try to get pregnant right away.

Side effects: Some women are allergic to spermicide. If you have itching or burning after using spermicide, try changing brands. If the problem continues, talk with your health care provider.

Disadvantages: Spermicides will not protect you from sexually transmitted diseases or HIV. Use a condom for protection. If you use a spermicide more than two times a day, your vagina can become irritated. This increases your risk of getting sexually transmitted infections and HIV.

Advantages: Spermicides are simple to use. They are easy to keep on hand. They do not contain any hormones. You will not absorb hormones or chemicals into your body when you use a spermicide. Your periods won't change.

Where: Over-the-counter. You can get spermicides at drugstores, grocery stores, and family planning clinics. You can also order them from pharmacy websites. You don't need a prescription.

When: Some spermicides are used with cervical barriers such as the diaphragm. Others are used alone. If you use a spermicide by itself, you must apply more of it every time you have sexual intercourse.

How spermicides work: Spermicides are chemicals that kill sperm. They come in several forms, such as spermicidal jelly, cream, film or foam.



Spermicides

Emergency Contraceptive Pills (ECP, Plan B)



What do emergency contraceptive pills do?

Emergency contraceptive pills can prevent pregnancy for up to five days after you have unprotected sex. ECP are sometimes called the “morning after” pills.

They are not the same as the “abortion pill.” They will not work if you are already pregnant. They will not harm a developing fetus.

What is unprotected sex?

Unprotected sex is sexual intercourse without birth control, or with birth control that doesn't work.

Do emergency contraceptive pills work well?

Yes. But the sooner you take them after you have unprotected sex the better. Every hour counts!

Quick Reference: Shot

STD/HIV Protection Yes No

Effectiveness



Shot

Emergency Contraceptive Pills

You can get them at the pharmacy counter or at a family planning clinic. If you are 17 or older, you don't need a prescription. You might want to have them on hand as a back-up to your regular method of birth control. Repeated use is considered safe.

Where can I get emergency contraceptive pills?

They are extremely safe. They contain one hormone, progestrone, which is also used in birth control pills. Even if you can't use birth control pills as your regular method of birth control, you can safely use ECP.

Are emergency contraceptive pills safe?

After a birth: If you plan to breastfeed your baby, wait until your milk supply is established. Use another method of birth control until you can get the next shot. If you are not planning to breastfeed, you can get the shot as soon as five days after you have a baby.

To plan a pregnancy: Your natural cycle of periods may not begin again for six to twelve months after you last

take longer for success.

Side effects: Your periods will change with the shot. You can try to get pregnant right away, but it might not be effective. This is safe. Some women experience other

disadvantages: The effects of the shot cannot be

reversed once it has been given. It wears off after twelve weeks. The shot will lower your natural estrogen levels

altogether. This is safe. Some women will stop having periods

and might decrease the strength of your bones. This is

important! Talk to your health care provider about it.

The shot does not protect you from sexually transmitted

diseases or HIV. Use condoms for protection.

Advantages: The shot is very effective, if you always get it

right on time. It is a private method. No one can tell you are using it.

Where: By appointment. The shot can be given by your health care provider or at a family planning clinic.

When: The shot can be started any time, as long as you are certain you are not pregnant.



Shot (Depo-Provera®)

Abstinence

How abstinence works: It means not having sexual intercourse. If you abstain from sexual intercourse you will not get pregnant.

When you can use it: At any point in your life you can decide not to have sexual intercourse. If you change your mind, you must choose another birth control method if you don't want to get pregnant.

Advantages: There are no health risks with abstinence, and it's free. As long as your genitals don't touch your partner's genitals, you are not likely to get pregnant or to get a sexually transmitted disease.

Disadvantages: Abstinence offers no protection if you change your mind and decide to have sexual intercourse. You must have another birth control method nearby. Remember that you can get some sexually transmitted diseases even if you don't have vaginal intercourse. You can be infected through oral sex or skin-to-skin contact, like rubbing or fondling each other's genitals.

To plan a pregnancy: Simply stop being abstinent. You can try to get pregnant right away.

After a birth: You can choose to be abstinent right after you have a baby.

You should not use the patch if you have major health problems like high blood pressure, breast cancer or a blood clotting disorder.

To plan a pregnancy: Simply do not start another one after finishing a package of patches. Your natural cycle of periods will begin again in four to six weeks. You can try to get pregnant right away.

After a birth: If you are breastfeeding your baby, you should not use the patch. If you are not breastfeeding, you can begin using the patch about two weeks after having a baby. Use another birth control method until you can start using the patch again.

Quick Reference: Patch

STD/HIV Protection Yes No

Effectiveness



Patch

Effectiveness

STD/HIV Protection Yes No

Quick Reference: Abstinence

Side effects: Most women have no major side effects problems with the patch are rare in healthy women.

but these usually stop after a few months. If side effects don't stop, talk with your health care provider. Serious with the patch. Some women notice minor side effects, by this. The patch will not protect you from sexually transmitted disease or HIV. Use a condom for protection.

Disadvantages: Women who use the patch absorb more estrogens than women who use birth control pills. For some women, the chance of side effects may be increased by this.

Advantages: The patch is easy to use. Your periods may be more regular, lighter, and less painful. The patch can also help clear up pimples.

Where: By prescription. Talk with your health care provider or go to a family planning clinic.

When: Start using a patch at the beginning of your period. You will change to a new patch each week, on the same day of the week, for three weeks. During the fourth week you won't wear a patch.

You should get your period during that fourth week. Then you start over.

How the patch works: The patch is about half the size of a credit card. You can wear it on your bottom, your belly, your torso, or your upper arm, but not on your breast. It contains hormones like the sex hormones produced by your own body. It works like birth control pills to prevent

ovaries, so you can't get eggs released from your ovaries, so you can't get

hormones stop eggs from being released during that fourth week.

Then you start over.

How the patch works: The patch is about half the size of a credit card. You can wear it on your bottom, your belly,

your torso, or your upper arm, but not on your breast. It

contains hormones like the sex hormones produced by

your own body. It works like birth control pills to prevent

ovaries, so you can't get eggs released during that fourth week.

Patch

Birth Control Pills (The Pill)

How birth control pills work: Birth control pills contain hormones like the sex hormones produced by your own body—estrogen and progesterone. (“Mini-pills” have only progesterone.) The pill works by stopping the release of eggs from your ovaries.



When: You usually start using birth control pills at the beginning of your period. You must take a birth control pill every day, at about the same time of day, for it to work.

Where: By prescription. Talk with your health care provider or go to a family planning clinic.

Advantages: Birth control pills are easy to use. Your periods might be more regular, lighter, and less painful. Years of study show that birth control pills lower the risk of ovarian, uterine and colorectal cancer later in life. The pill can also help clear up pimples.

Disadvantages: The pill must be taken every day at the same time. It will not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

Side effects: Some women who use an IUS stop having periods. This is safe. During the first three to six months, spotting and bleeding can occur.

To plan a pregnancy: Go to your health care provider or visit a family planning clinic to have the IUS removed. Your natural cycle of periods will begin again after the IUS is removed. You can try to get pregnant right away.

After a birth: The IUS should not be inserted until at least six weeks after you have a baby. Use another birth control method until your IUS is in place. An IUS does not affect breastfeeding.

Quick Reference: IUS

STD/HIV Protection Yes No

Effectiveness ■ ■ ■ ■

Intrauterine System (IUS)

Quick Reference: The Pill

Effectiveness

STD/HIV Protection Yes No

After a birth: If you decide to breastfeed your baby, talk

about two weeks after you have a baby.

If you are not breastfeeding, you can begin taking the pill

may be able to use the "mini-pill" while you are nursing.

to your health care provider about birth control pills. You

cancer or a blood clotting disorder.

major health problems like high blood pressure, breast

heathy women. You should not take the pill if you have

control pill. Serious problems with the pill are rare in

they don't, you might want to try another kind of birth

effects, but these usually stop after a couple of months. If

with birth control pills. Some women notice minor side

Side effects: Most women have no major side effects

pregnant right away.

will start again in four to six weeks. You can try to get

simply do not start another. Your natural cycle of periods

To plan a pregnancy: When you finish a package of pills,

condom for protection.

you from sexually transmitted diseases or HIV. Use a

who have never been pregnant. An IUD will not protect

a woman's uterus. This occurs more often among women

rarely happens. Once in a while, an IUD can come out of

uterus or get an infection when an IUD is inserted. This

Disadvantages: It is possible to pierce the wall of the

have it.

painful. The IUD is private. No one will be able to tell you

for up to five years. Your periods will be lighter and less

intercourse. The IUD can keep you from getting pregnant

about using birth control every time you have sexual

Advantages: If you have an IUD, you do not have to think

special training.

inserted and removed by a health care provider with

provider or at a family planning clinic. It must be

Where: You can get an IUD through your health care

place.

want to examine you again three months after it is put in

pregnancy. The health care provider who inserted it might

period, or whenever you are certain you are not

When: The IUD is put into your uterus during your

the hormone stays in your uterus.

lining of your uterus. Most of

affects your ovaries and the

slowly released. The IUD

progesterone is very

in your uterus, and the

progesterone. It is placed

plastic device that

Mirena®. IUD is a T-shaped

How this IUD works: The

(Mirena®)

Intrauterine System (IUS)



Cervical Barriers (Diaphragm, FemCap®, Lea's Shield®)

How cervical barriers work:

A diaphragm is a small rubber cup that you fill with spermicidal jelly or cream. You place it in your vagina, making sure your cervix is covered, before you have sexual intercourse. It prevents sperm from entering your uterus. Other styles of cervical barriers, like the cap and the shield, fit more closely over your cervix.



When: A barrier can be inserted a few hours before you have sexual intercourse. It must be left in place for a while afterwards. Follow the directions on the package about how long to leave it in.

Where: By prescription. You can be fitted for a cervical barrier by your health care provider or at a family planning clinic.

Advantages: No hormones or chemicals will go into your body. Your period will not change. Cervical barriers are reusable.

To plan a pregnancy: Go to your health care provider or visit a family planning clinic to have the IUD removed. Your natural cycle of periods will begin again after the IUD is removed. You can try to get pregnant right away.

After a birth: You can have an IUD put in soon after you have a baby. Talk with your health care provider about timing. Use another birth control method until your IUD is in place. An IUD does not affect breastfeeding.

Quick Reference: IUD

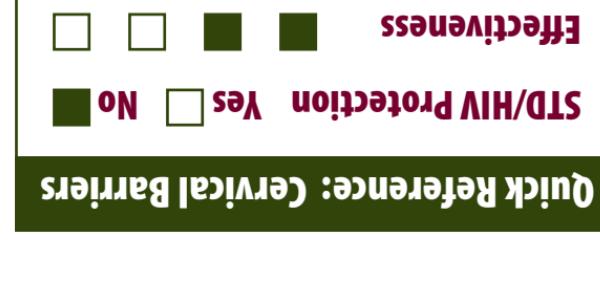
STD/HIV Protection Yes No

Effectiveness



Intrauterine Device (IUD)

Cervical Barriers



- After a birth:** You may need a different size cervical catheter. You can try to get pregnant right away.
- During pregnancy:** Simply sop down the cervix with baby. Use another birth control method until you can use a lot of weight. Get refitted about eight weeks after you have a miscarriage after you have a baby, or if you lose or gain a lot.

After using a cervical barrier, talk with your health care provider.

Side effects: A few people may be allergic to the material cerviical barrier is made of, or the spermicidal jelly or HIV. Use a condom for protection.

1 women ulcers. This occurs more often among women
2 who have never been pregnant. An IUD will not protect
3 you from sexually transmitted diseases or HIV if use a

Disadvantages: It is impossible to pierce the wall of the uterus or get an infection when an IUD is inserted. This will go into your body, and your period will stay on its usual cycle. The IUD is private. No one will be able to tell you have it.

- Where:** You can get an IUD through your health care provider or at a Family Planning clinic. Your IUD must be put in and taken out by a health care provider with special training.
- Advantages:** If you have an IUD, you do not have to think about using birth control every time you have sex.

you are certain you are not pregnant. The health care provider who inserted it might want to examine you.

into your uterus during
your period, or whenever

When: An IUD is put

Copper kills sperm.

is wrapped with copper
and put in your uterus.

ANSWER It is a small piece of plastic that

www.ijerph.com



Intrauterine Device (IUD)

Condoms

How male condoms work:

Male condoms are thin and disposable. They fit over a man's erect penis. If the condom is put on the right way, sperm will be trapped inside the condom and will not get into your vagina. Use a new condom each time you have sexual intercourse.

A water-based lubricant will feel good and help keep the condom from breaking.



How female condoms work:

Female condoms are made of thin plastic and are disposable. They are a soft and loose-fitting pouch with a flexible ring at each end. The ring at the closed end is used to put the condom into your vagina. The larger ring stays outside your vagina and helps to protect your labia during sexual intercourse. A water-based lubricant will increase your comfort and reduce damage to the condom. Use a new one each time you have sexual intercourse.

Where: Over-the-counter. Male and female condoms can be found at most drugstores, grocery stores and family planning clinics. You can also order them from pharmacy websites. You don't need a prescription.

Side effects: Your periods will change. Bleeding will become irregular or spotty. Some women stop having periods after a few months. This is safe.

To plan a pregnancy: Go to your health care provider or a family planning clinic to have the implant removed. Your natural cycle of periods should begin again four to six weeks after the implant is removed. You can try to get pregnant right way.

After a birth: You can get an implant about a month after you have a baby. If you plan to breastfeed, wait until your milk supply is established. Use another birth control method until you can get another implant.

Quick Reference: Implants

STD/HIV Protection Yes No

Effectiveness



Implants

Quick Reference: Condoms

Effectiveness

STD/HIV Protection Yes No

After a birth: Male and female condoms can be used as birth control as soon as needed after you have a baby. Condoms do not affect breastfeeding.

To plan a pregnancy: Simply stop using condoms. You can try to get pregnant right away.

Side effects: A few people may be allergic to latex or the liquid used to package the condom. Other people may be allergic to the spermicide that is put on some brands of condoms. If you have itching or burning after using a condom, try changing brands. If the problem continues, talk with your health care provider.

Disadvantages: Condoms must be kept close at hand, and must be used the right way every time. Sometimes condoms break or come off.

Advantages: Both male and female condoms will protect you from most sexually transmitted infections, including HIV. Male condoms don't cost a lot. Female condoms cost a little bit more.

Disadvantages: An implant can be difficult to remove, and an experienced health care provider must do it.

Advantages: If you have an implant, you do not have to think about using birth control every time you have sex until intercourse. The implant can keep you from getting pregnant for up to three years. It is convenient

Where: Your health care provider can put an implant in place during an office visit or you can visit a family planning clinic. An implant must be inserted and removed by a health care provider who has had special training.

When: An implant can be put in anytime, as long as you are certain you are not pregnant.

How the implant works: It is a single, soft plastic rod, about the size of a matchstick, which is placed just under the skin of your inner arm. An implant contains the hormone progestrone, which will be absorbed

into your body over the course of three years. You will not release eggs while you have an implant because no eggs will be released from

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Implants (Implanon®)



Fertility Awareness (Natural family planning)

How fertility awareness works: By keeping careful track of changes in your body, you can know when you are fertile and when you are not. You are not likely to get pregnant if you have sexual intercourse on the days you are not fertile. There are several slightly different ways of telling when you are fertile.

Natural family planning

products: Many women use a string of 32 colored beads, called Cycle Beads®, to keep track of their fertile days. There are also electronic devices and calendars to help keep track of changes.



When: Every day, without fail, you must clearly record several body signs and follow all the rules of natural family planning for this method to work.

Where: By a trained expert. You need to learn to check your natural vaginal discharge and your body temperature.

Advantages: There are no health risks with fertility awareness. Your period will not change. No hormones or chemicals will be taken into your body.

Disadvantages: Keeping a daily record can be difficult, and some couples find it hard to avoid having sexual intercourse when the woman is fertile. Fertility awareness will not protect you from sexually transmitted diseases or HIV. Use a condom for protection.

To plan a pregnancy: Women who use fertility awareness say they are very aware of their bodies, and this helps them get pregnant. Knowing when you are fertile improves your chances of getting pregnant.

After a birth: This will not be a good time to learn fertility awareness because your periods won't be regular. Learn natural family planning before you get pregnant and be ready with another birth control method until your periods are regular. Fertility awareness does not affect breastfeeding.

Quick Reference: Fertility Awareness

STD/HIV Protection Yes No

Effectiveness

Fertility Awareness



Dear Colleague,

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Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: Birth Control: Choosing the Method That's Right for You

Size: 4.25 x 16

Paper stock: 65# cover Exact White
65# text Quinalt White

Ink color: PMS 5743 and PMS 7421

Special instructions: Please request a sample brochure from DOH before printing professionally.
Brochure is shingle-cut with 22 panels. Folds and trims need to be precise.

DOH Pub #: 930-101